

## CLAIMS

1. A histamine release inhibitor, comprising a pectin or a salt thereof or a pectin hydrolysate as an active ingredient.
2. The histamine release inhibitor of claim 1, wherein the pectin is a high methoxyl pectin having an esterification degree of 50% or more and 90% or less.
3. The histamine release inhibitor of claim 1, wherein the pectin is a low methoxyl pectin having an esterification degree of 3% or more and less than 50%.
4. The histamine release inhibitor of claim 1, wherein the pectin hydrolysate is oligogalacturonic acid and/or polygalacturonic acid with a polymerization degree between 2 and 100.
5. The histamine release inhibitor of claim 1, wherein the pectin hydrolysate is an oligosaccharide comprising 1 type or 2 or more types selected from the group consisting of galacturonic acid, rhamnose, arabinose, xylose, fucose, and galactose as a constituent.
6. The histamine release inhibitor of any one of claims 1 to 5, which is for preventing and/or treating allergic rhinitis, atopic dermatitis, urticaria, bronchial asthma, peptic ulcer, and/or pollinosis.
7. A pharmaceutical composition, comprising the inhibitor of any one of claims 1 to 6.
8. A cosmetic, comprising the inhibitor of any one of claims 1 to 6.
9. Food and drink, comprising the inhibitor of any one of claims 1 to 6.